



# FALL PROTECTION

## COMPETENT PERSON TRAINING

**NORMALLY: ~~\$795~~**



**Don't miss out on this opportunity to train your employees to meet OSHA fall protection standards!**

**Members - Only Price: \$99**

**WHAT:** Through a partnership with ITAC, a leader in Fall Protection Systems and Training, CCGSIA is offering a 2-day *Fall Protection Competent Person* seminar to its members. This is an interactive session which includes classroom and hands-on applications.

**WHO:** This course is intended for those whose job responsibilities require them to actively participate in the rules, training and the development of site-specific fall protection directives at their worksite.

**WHEN:** March 20<sup>th</sup> & 21<sup>st</sup>, 2019, from 8:30 AM – 5 PM.  
Lunch will be provided.

**WHERE:** *ITAC Training Facility*  
13141 N. Enon Church Road  
Chester, VA 23836

**WHY:** OSHA Fall Protection standards require the designation and presence of a competent person, "one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them." This course prepares your employee to take on that role!

**OTHER USEFUL INFORMATION:** Fall protection equipment required for instruction will be provided; however, students are encouraged to bring their own personal fall arrest equipment to the course for use and demonstration.

A course manual will be issued to each student to keep, as well as a certificate of completion.

## CURRICULUM

- Magnitude of the problem/OSHA fall protection statistics
- Applicable OSHA fall protection regulations and ANSI Z359 requirements
- Fall Protection hierarchy of controls- Elimination, Prevention, Arrest, Administrative
- ABCs of Fall Protection- Anchorage, Body Support, Connecting Means
- Anchorage points/anchorage point considerations
- Full Body Harnesses- Applications, inspection, and safety features
- Lanyards- Applications, inspection and safety features:
  - Shock Absorbing
  - Self-Retracting
  - 100% Tie off/Y-Lanyards
- Introduction to specialized fall protection equipment:
  - Lifelines- Horizontal/Vertical
  - Rigid Rail Systems
  - Ladder Climbing Systems
  - Work Positioning Systems
  - Controlled Descent Devices
  - 1st Man Up/Remote Connect. Disconnect Devices
- Inspection of Fall Arrest Systems and components
- Calculation of required Fall Arrest System Clearance Diagrams
- Identification of Fall Hazards- Fall Hazard Assessment Techniques
  - Qualitative/Quantitative Fall Hazard Risk Assessment
  - Development of Fall Protection Plans
  - Rescue Considerations
- Best Practices

**TO REGISTER, VISIT [CCGSIA.COM](http://CCGSIA.COM)!**

**QUESTIONS?** Contact Emily Murphy at [emurphy@landininc.com](mailto:emurphy@landininc.com) or (804) 612-1442.